

# DINNERLY



## Low-Cal Barbecue Tofu Salad with Creamy Dressing and Croutons



25 minutes



2 Servings

Who says salads are just for summer? Sometimes we crave something light and nourishing like leafy greens, crisp cucumber and tomato. Toss in lightly pan-fried tofu, crunchy croutons and pepitas and let the good times roll.

### WHAT WE SEND

- 1 baby cos lettuce
- 1 Lebanese cucumber
- 1 tomato
- 2 wholemeal rolls <sup>1,6</sup>
- 30g pepitas
- 200g smoky barbecue tofu <sup>1,6</sup>

### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 1 tbs vegan mayonnaise
- 2 tsp white or red wine vinegar <sup>17</sup>

### TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 555kcal, Fat 33.7g, Carbs 35.7g, Proteins 24.1g



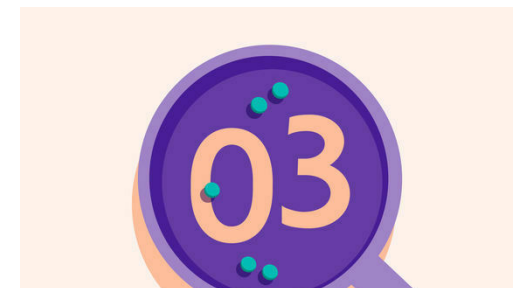
#### 1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Crush or finely chop **2 garlic cloves**. Trim the **lettuce**, then coarsely tear the leaves. Thinly slice the **cucumber**. Cut the **tomato** into thin wedges.



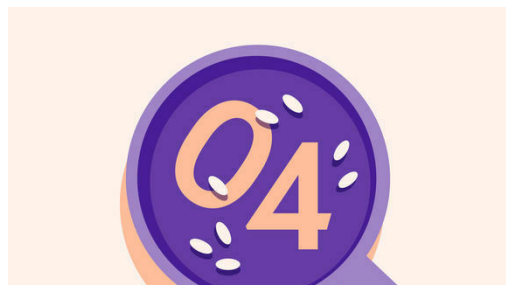
#### 2. Bake croutons

Combine the **garlic** and **2 tsp olive oil** in a bowl and season with **salt and pepper**. Cut the **bread rolls** into 1cm chunks and put on the lined tray. Drizzle with the **garlic oil** and toss to coat. Bake for 6-8 mins until golden and crisp.



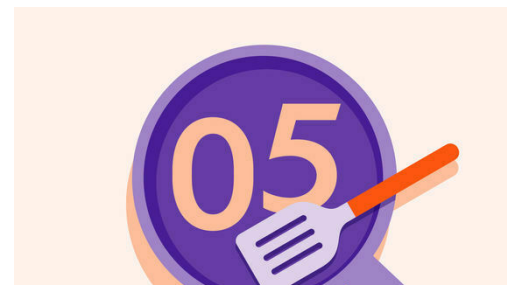
#### 3. Toast pepitas

Meanwhile, put the **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and cool slightly.



#### 4. Warm tofu

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **tofu** for 2-3 mins each side until golden and warmed through. Remove from the pan and thinly slice.



#### 5. Toss salad and serve up

Combine **1 tbs vegan mayonnaise** (see Make it yours), **2 tsp white wine vinegar** and **1 tsp water** in a large bowl and season with **salt and pepper**. Add the **lettuce**, **cucumber** and **tomato** and toss to coat. Add the **croutons** and toss to combine. Divide the **salad** among bowls, top with the **tofu** and scatter over the **pepitas**. Enjoy!



#### 6. Make it yours

If you aren't following a strict vegan diet, feel free to use whatever mayo you have on hand.